

## ABSTRACT

The present invention provides soles or platforms incorporated into footwear, preferably athletic footwear, designed to promote a more efficient running technique by an energy-translating sole comprising one or more foot-strike member,  
5 angular displacement member and balance-thrust member, as well as other conventional features. Systems and methods of the present invention promote more efficient running technique by facilitating foot-strike to occur at a point under and behind the runner's center of gravity. This is accomplished by the foot-strike member, angular displacement member and balance-thrust member working cooperatively to displace the runner's center of gravity and translate gravitational, inertial and ground reaction forces, as well as muscular tension forces, into linear momentum.

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